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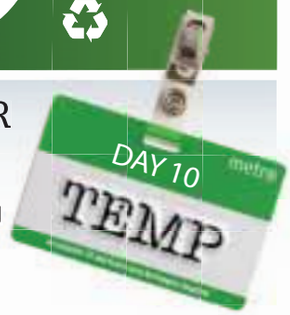
'A RECIPE FOR DISASTER'

AGAINST HER BETTER JUDGMENT, SHANNON HITS UP THE PRIV FOR DRINKS WITH THE DANIMAL PAGE 10



IT'S ABOUT TO GO DOWN IN COWTOWN

Quarterback Darian Durant throws to a receiver at Mosaic Stadium on Thursday as the Saskatchewan Roughriders practice for the CFL's West Division final this Sunday against the first-place Stampeders in Calgary. Story, page 24. ROSS ROMANIUK/METRO

Province takes anti-bullying efforts online

Raising awareness. Anonymous reporting tool and standalone website among the resources Sask. plans to offer kids, parents

An anti-bullying report in Saskatchewan suggests people should be given information when they buy a smartphone on its appropriate use.

The idea to hand out a brochure against cyberbullying comes from a similar one in Nova Scotia.

Legislative secretary Jennifer Campeau, who wrote the report, says it's important that students understand the lasting impact of what they post online.

Education Minister Don Morgan said Thursday that no child should ever have to experience bullying.

He said an anonymous online reporting tool will be developed to report bullying incidents.

"They will have a rapid intervention process so that if something happens, if a student feels in the middle of the night, they're under stress or under strain, they've got some place that they can go to; they can report it online, deal with things anonymously."

The province also wants to engage youth in building solutions to address bullying, and says it will provide a standalone website for anti-bullying tools and resources for students, families and teachers.

"It will take a short period of time to get everything up and running, but our hope and expectation is that we have a more civil and a safer and better, secure place for our students," Morgan said.

THE CANADIAN PRESS, WITH FILES FROM CKRM

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Support and aid

Government lagging in action on aboriginal report: Opposition

Saskatchewan says it's moving forward with recommendations to improve education and employment outcomes for aboriginal people, despite Opposition arguments that a task-force report is sitting on a shelf.

A joint government-aboriginal panel made 25 recommendations in April to help First Nations and Métis people get training and find jobs.

New Democrat Trent Wotherspoon says the only idea the government has followed through on is driver-education programs for students who go to schools on reserves.

Wotherspoon says that's not enough to close the employment gap between aboriginal and non-aboriginal people.

Education Minister Don Morgan says some of the recommendations, like driver training and more money for adult basic education, could be acted on right away.

He says other ideas are in the works, but it will take time. THE CANADIAN PRESS

Crime

Boy gets probation after failed theft, school lockdown

An attempt to steal marijuana that triggered a lockdown at two Saskatoon high schools earlier this year has netted a teenage boy 15 months of probation.

The 15-year-old was sentenced Wednesday after a judge said the attempted robbery had a potentially dangerous domino effect that involved the police and disrupted many people.

Court heard the accused and two other boys tried to take the drug from a 17-year-old boy near the schools in May. A fight broke out and one of the boys produced a pellet gun.

CKOM/THE CANADIAN PRESS

Province remembers the 80th anniversary of Ukrainian famine

Members of the Ukrainian community, dignitaries and clergy members are seen at the Saskatchewan legislature on Thursday during a commemorative ceremony marking the 80th anniversary of the Holodomor — a man-made famine that ravaged the eastern European country in the early 1930s. MARCO VIGLIOTTI/METRO

Holodomor. Up to 10 million people were killed in early 1930s

It was a solemn ceremony marking the anniversary of one of the darkest passages in modern Ukrainian history.

Members of the province's Ukrainian community joined guests and dignitaries on Thursday at the Saskatchewan Legislative Building to commemorate the 80th anniversary of the Holodomor — a man-made famine that ravaged the country in the early 1930s.

"We must never forget the agony Ukraine suffered during those years," said Deputy Premier Ken Krawetz, who led the commemoration.

"Holodomor wasn't just an act of suppression — it was an attack on the very soul of the Ukrainian people.

"Saskatchewan Ukrainians owe a debt to those who suffered and died."

Regarded as a "crime against humanity" by the European Parliament, the Holodomor claimed the lives of seven million to 10 million people from 1932 to 1933 and is viewed by many historians as a deliberate act of terror by the Soviet regime of Joseph Stalin.

In May 2008, the legislative assembly of Saskatchewan became the first jurisdiction in North America to recognize the Holodomor as a genocide by passing the Ukrainian Famine and Genocide Memorial Day Act.

At least 14 countries now formally recognize the Holodomor as an act of genocide, including Canada and Australia.

The legislature ceremony also marked the public unveiling of a statue of a young girl, purchased by the Regina branch of the Ukrainian Canadian Congress (UCC) to memorialize the devastating event.

Titled Bitter Memories of Childhood, the statue is an exact replica of one that stands at the entrance to the National Holodomor Museum in Kiev, Ukraine.

Slawko Kindrachuk, president of the Saskatchewan council of the UCC, said the Wascana Centre Authority has pledged to place the statue on the grounds "within the legislative precinct" next spring.

MARCO VIGLIOTTI/METRO

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The mayor's housing commission approved a bylaw amendment that would increase the vacancy-rate threshold to three per cent for property owners looking to convert apartments into condominiums, similar to those at this building in the city's north end. ROSS ROMANIUK/METRO

Housing commission backs plan to raise condo conversion limit

Rental-unit shortage. Proposed amendment would bump threshold from 2% to 3%

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Proposed changes to the city's housing regulations could prevent property owners from converting apartments into condominiums until Regina's rental crunch begins to ease.

On Thursday, the mayor's housing commission passed a bylaw amendment increasing the vacancy-rate threshold for condo conversions from two to three per cent — a move that needs to win approval from city council before going into effect.

"Regina's threshold is relatively low compared to other jurisdictions," Jennifer Barrett, the city's senior housing planner, said at the meeting.

"(Moving to three per cent) would bring the threshold more in line with other (jurisdictions)."

Regina's vacancy rate was reported as 1.9 per cent last April but has increased slightly in the past few months, according to a city report.

That rate, however, still falls short of the three per cent target established in council's comprehensive housing strategy guidelines.

"As a result, the (city) administration recommends adjusting the two per cent thresholds to three per cent," the report states, explaining the need for the amendment.

The housing commission also approved changes that would prevent smaller properties from bypassing the threshold by reducing the number of apartments in a building.

Currently, the threshold rules apply only to properties with more than five units, which means a small apartment building might be permitted a conversion by reducing its number of units.

In a bid to deter this, the housing commission passed an amendment that would require the number of units during a condo conversion to be equivalent to the resulting number of approved condominium units.

Bylaw change

"The purpose of this change is to increase and stabilize rental unit supply."

A city administration report, on raising the vacancy rate threshold for condo conversions.

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Bored of Ford?

A new YouTube video is trying to spread the word that Toronto is "More than Ford."

- The one-minute, four-second video posted on the popular website is described as a "fan video" featuring "some of the things we love most about our city."
- It shows scenes from around the city along with sporting, fashion and entertainment events, street festivals and celebrities — but no images of Mayor Ford.

'Truly disturbing'

Wynne: Ont. keeping an eye on Ford

Ontario will consider offering "new tools" to Toronto if the city's government decides it simply can't function as a result of its scandal-plagued mayor.

The first significant move towards intervention was suggested Thursday by Premier Kathleen Wynne.

"We've been watching this situation closely and listening very carefully," said Wynne. "The things that we are seeing and hearing about Mayor Rob Ford are truly disturbing."

Wynne emphasized that it wasn't the province's role to impose its own preferences upon Toronto's government. But she conceded she would consult the provincial opposition parties if the city requested action from Ontario. THE CANADIAN PRESS

Another day, another apology from Rob Ford

Warning: graphic content. Toronto mayor starts the day using foul language, then says sorry with his wife by his side

Toronto Mayor Rob Ford jostles with the media as he tries to escort his wife Renata, left, out of a news conference on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

In the space of just a few hours Thursday, Rob Ford spouted an obscenity on live TV, refused to apologize then did apologize, was scolded by Canada's oldest football team for wearing its jersey and begged the media to give his family privacy — his seldom-seen wife by his side.

The latest bizarreness involving Toronto's besieged mayor set off another chorus of demands for him to leave — not just get help, but to resign for the good of the city.

The dizzying cascade of events began as Ford arrived at city hall — sporting a blue No. 12 Toronto Argonauts uniform with "Mayor Ford" on the back.

As TV cameras broadcast live, Ford used crude language to deny allegations he told a female aide he was going to have oral sex with her. A staffer told police Ford also said he had already had sex with the aide, court documents say.

"It says I wanted to eat her pussy and I have never said that in my life to her. I would never do that. I'm happily married and I've got more than enough to eat at home," he said to astonished reporters.

The Toronto Argonauts released a statement saying they were "disappointed" at the mayor for using coarse language on live television while wearing the CFL team's jersey.

Ford, 44, the father of two children, did say he was receiving support from a team of health-care professionals, but refused to elaborate.

Initially, Ford stood by his vulgar comments.

"If you're offended, I'm not apologizing, because put yourself in my shoes if someone said that about your husband or your wife," he shouted during a council session.

According to sections of court documents released Wednesday, an ex-staffer told police an intoxicated Ford made the comments at a restaurant on St. Patrick's Day last year.

The alleged incident was one of several in the document that reported questionable or bizarre behaviour by Ford: driving after guzzling vodka, sniffing cocaine, and apparently consorting with sex workers.

Ford called the allegations outright lies.

Just hours later, with his wife Renata nearby, the mayor apologized for what he called his impulsive and "graphic" remarks blamed on months of mostly self-inflicted stress, culminating in the latest revelations he said pushed him over the line. "When you attack my integrity as a father and as a husband, I see red," he said.

THE CANADIAN PRESS

A lawyer's opinion

Ford's threats to sue likely toothless

Mayor Ford's threat to sue former staffers for telling police about activities they said included his consorting with suspected sex workers is unlikely to go anywhere, a libel lawyer said Thursday.

Well-established case law offers protection to people speaking to investigators — but it's not absolute, said Julian Porter.

"The employees would have had a qualified privilege in talking to the police provided they weren't malicious and inventing it," Porter said.

"Now if the employees tell it to everybody else, that's a different matter."

At city hall, Ford named three former staffers: Mark Towhey, Isaac Ransom and George Christopolous.

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Worldwide child-porn sweep started in Toronto

Project Spade. 50 Ontarians, 58 other Canadians among 348 arrested worldwide in a massive child-porn investigation: Cops

Insp. Joanna Beaven-Desjardins of Toronto Police reports on the major child-porn investigation. TORSTAR NEWS SERVICE

At least 386 children have been rescued from sexual exploitation and hundreds of suspects arrested in a sweeping child pornography investigation that began with a Toronto man, police revealed Thursday.

"It's a first for the magnitude of the victims saved," said Insp. Joanna Beaven-Desjardins, of the force's Sex Crimes Unit. "The amount of arrests internationally, also a first."

At least 348 people were arrested around the world as part of Project Spade, including 50 in Ontario and 58 from other parts of Canada.

School teachers, doctors, nurses, pastors and foster parents are among those facing charges in the wide-ranging operation that can be traced back to a business operating out of Toronto's west end, police said. The investigation was sparked in October 2010 when officers made contact with a Toronto man on the Internet who was allegedly sharing child pornography.

Police allege Brian Way, 42, had been running an "exploitation movie, production and distribution company."

THE CANADIAN PRESS

Laval. 10 young teens arrested on child-porn charges; seven victims

Child pornography, peddled by children. That's the serious accusation levelled at 10 adolescents arrested Thursday in the Montreal area.

The boys allegedly coaxed their friends and girlfriends into posing for pictures they later shared among themselves.

Aged between 13 and 15 years old, they were arrested in a sweep early Thursday in Laval, a suburb just north of Montreal.

They face various charges — including the production, possession and distribution of child pornography — and are expected to appear in youth court later Thursday.

Laval police spokeswoman Const. Nathalie Lorrain said they are hopeful the myriad files, at least one of them a video, were not widely distributed.

So far, police say they have identified seven victims — with all of the girls in the same age bracket as the accused. Police have met with the girls and their parents.

How it got started

The Laval investigation began in earnest in October after a staff member at one Laval high school noticed that kids were huddled around a phone, looking at an image of a girl that was sexually explicit.

Lorrain said police have yet to go through a number of devices they seized Thursday. Other victims might be identified once police go through smartphones, laptop computers and tablets that were all seized as part of Operation Magma.

"The study of these items will allow us to know who received these images and if there were any more victims," Lorrain said.

Police said the network included students attending three English high schools in Laval. THE CANADIAN PRESS

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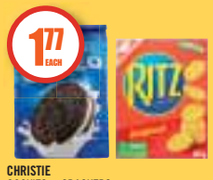

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SHOPPERS DRUG MART

SHINE THE LIGHT: FAMILIES OF MURDERED WOMEN SHARE STORIES OF HORROR, HOPE

Each week in Canada, at least one woman is killed by her partner. Hearing the stories of those women is critical to keeping others from facing the same fate, experts say. That's one of the strongest messages behind Shine The Light, a campaign to end woman abuse. Started in London, Ont., four years ago, the initiative is now painting towns across Canada purple during November to show support and urge victims of abuse to step forward. Here, Metro speaks to the families of three women who were victims of what campaign leaders call 'intimate femicide' — deaths when they should have been safe.

MIKE DONACHIE
Metro in London, Ont.

Paula Gallant, Halifax

Paula Gallant was a Halifax elementary school teacher. In 2005, she was strangled by her husband, Jason MacRae, during an argument about a $700 gambling debt he ran up on a credit card. MacRae then wrapped Gallant's head and face with plastic wrap for 20 minutes, to make sure she was dead.

It took five years for charges to be laid, and MacRae, who's now 40, kept living in the house they shared. He eventually pleaded guilty to second-degree murder and was sentenced in 2010 to life in prison with no parole for at least 15 years.

Gallant's sister, Lynn Blackburn, continues to campaign against woman abuse and wants the courts to take a tougher line.

"We have to take this crime seriously and hand down stiffer sentences, and make it tougher for these folks to get parolled," she said.

She calls Shine The Light "a very significant initiative" in that it shows society that violence against women is more prevalent than many people believe. Blackburn remembers her sister as "a vivacious young woman in the prime of life."

"She was somebody who had a tremendous sense of humour," said Blackburn. "Very quick-witted. Extremely bright. Loved by everybody whose paths she crossed."

Jocelyn Bishop, London, Ont.

Jocelyn Bishop was shot in 2010 with a homemade handgun — her body buried in a shallow grave dug at her London, Ont., home.

The killer was her common-law partner, Christopher Gale, who didn't tell anyone Bishop was dead until the body was found. Later, he said the 21-year-old had committed suicide. Gale, 32, was found guilty of second-degree murder and received a life sentence last month with no chance of parole for 15 years.

"She was my only sister. She was my younger sister," said Melissa Bishop. "I could be feeling really down and, no matter what, she could make me feel better. She was very compassionate.

"She had a real special love for animals and her friends and family."

The importance of Shine The Light, for Melissa Bishop, is its ability to raise awareness of abuse of women.

"A lot of the time it can just be pushed under the carpet," she said. "I don't think it's taken as seriously as it should be by some people."

And the work needs to continue, she added.

"Let women know that there is help out there," she said. "There are people who care about them and who want them to change their lives and get out of an abusive relationship."

Shannon Scromeda, Winnipeg

"I think I killed my girlfriend with a hammer," Shannon Scromeda's partner said when he called 911 in April 2008.

Kevin Strong had inflicted 15 blows on Scromeda, 25, a mother and a secretary at Winnipeg's building-services department.

Strong, now 32, pleaded guilty to in 2011 to second-degree murder and received a life sentence with no chance of parole for 10 years.

Deborah Scromeda, Shannon's mother, remembers her daughter with a smile.

"I think if you take everything that you want your daughter to be, that would be how I would describe her," she said. "She was so hard-working in her home and her career. She always had a laugh and a joke. She always had a smile.

"I think the most important thing was she was just a wonderful mom."

Speaking about the Shine The Light campaign, Deborah Scromeda said: "My respect is just beyond words."

She added: "Women can feel strength, and they can see that people care."

Scromeda wants to see more people face up to violence against women.

"It's not fully recognized, how dangerous it is in our country and in our world," she said.

To get help

- **Women in trouble need to know where to turn. Megan Walker, executive director of the London Abused Women's Centre, says the Assaulted Women's Helpline is a vital resource**
- **Although Ontario-based, the 24-hour, 365-day helpline supports women from around the world and refers them to services in their area**
- **It can be reached at 416-863-0511. Resources are also available at awhl.org**

Bosnia

High-speed rail trains to nowhere

They were seen as a shining example of Bosnia's rebirth from war: a fleet of high-speed trains built-to-order in the West. Eight years later, they haven't made a single ride: They're too fast for Bosnia's 60-year-old rails. "It's as if you bought nine Ferraris and … no roads to drive them on," said Samir Kadric, an official with the publicly owned railway company responsible.

Not only are the tracks too old, Kadric explained, there's no money to maintain them, meaning they just decay as they sit idle.

THE ASSOCIATED PRESS

Random biz fact of the day

33%

33 per cent of employers said they don't follow up with candidates they interviewed with to let them know they didn't get the job.

CAREERLEAF/NEXCAREER

Market Minute

DOLLAR
95.53¢ (-0.05¢)

TSX
13,431.38 (+60.72)

OIL
$93.76 US (-$0.12)

GOLD
$1,286.30 US (+$17.90)

Natural gas: $3.61 US (+4¢)
Dow Jones: 15,876.22 (+54.59)

A man holds an e-cigarette at a pop-up bar in London, England. Physicians and even former opponents are warming to the idea of e-cigarettes, which offer nicotine but not the smoke. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS FILE

Doctors recommend e-cigarettes: Summit

Critiques up in smoke.
Only 'theoretical' health risks identified; devices set to overtake tobacco

KIERON MONKS
Metro World News

E-cigarettes are almost completely free of health risks, and could save millions of lives, agreed health experts at a London summit to discuss the effects of the device.

E-cigarettes — which work by users inhaling vaporized nicotine — have enjoyed a surge of popularity since they were introduced around the turn of the decade, with around seven million users in Europe. Nations have moved to crack down, but a growing movement claims they offer more benefits than risks.

"We can recommend that smokers who cannot quit should switch to e-cigarettes," said leading researcher Dr. Konstantinos Farsalinos of the University Hospital Gasthuisberg, Belgium. The risks were less than one 1,000th of smoking tobacco, he told Metro.

Dr. Farsalinos added that the devices were the most effective tools to quit smoking. "The best alternative before was around 20 per cent.... In my research, up to 80 per cent of participants using e-cigarettes have quit." The Lancet found them more effective than Nicorette gum and patches.

The WHO estimates one billion people will die from cigarette use in the next century, and previous opponents of e-cigarettes are becoming more supportive. "It's always better to quit nicotine use completely," said Deborah Arnott, CEO of U.K. charity Action on Smoking and Health. "But it's the smoke that kills you — not the nicotine — so for smokers who are heavily addicted, switching to safer sources of nicotine could literally be a lifesaver."

Regulation

Debate rages over regulation, but e-cigarette advocates won a major battle as the European Parliament has abandoned plans to impose medical regulation that would restrict sales to pharmacies.

- "Regulation puts the businesses under threat, which could mean users are forced to smoke regular cigarettes again," says Nigel Hislop of advocacy group Saveecigs.com.

Neigh-sayers protest tax

Protesters and their horses hold a board reading "No to the 20% VAT" at a demonstration in Paris, Thursday. Beginning next January, France plans to lift the value-added tax on riding schools to 20 per cent from 7 per cent to bring France in line with EU regulations.

CHRISTOPHE ENA/THE ASSOCIATED PRESS

Telecom spectrum.
Ottawa tells companies to use it or lose it

Telecom companies sitting on licensing rights that could provide more high-speed Internet service to rural consumers are being told to use it or lose it by the federal government.

Industry Minister James Moore said Thursday the government will not renew spectrum licences for those telecom companies that have failed to use them, citing the government's commitment to improving wireless service to Canadians. "Those that have not used the spectrum will lose it," Moore said in a statement. Moore said the licences issued for the 2300 megahertz and 3500 megahertz spectrum were for fixed wireless services, which he said was the most affordable way to provide high-speed Internet in rural areas.

THE CANADIAN PRESS

Quoted

"If you've been sitting on this stuff for the best part of a decade, you're not going to be deploying it tomorrow."
Iain Grant, telecom analyst

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2007 CHEV SILVERADO EXT CAB
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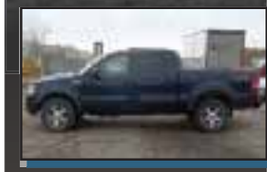
$23,900


2007 FORD F150 FX4 CREW CAB
4x4, V8, auto , air, tilt, cruise, dvd, very nice and clean, 160 km
$16,900

2006 DODGE RAM SLT CREW CAB
4x4, V8 , auto , air, tilt, cruise, pw pl, cd player, nice and clean
$9,950

2008 DODGE RAM SLT CREW CAB
4x4, V8, auto, air, tilt, cruise, pw pl, cd player, 130 km
$15,900

2005 NISSAN MURANO SL
V6, auto, air, tilt, cruise, AWD, heated seats, sunroof, very nice all round, 138 km
$12,450

2009 CHEV SILVERADO LTZ CREW CAB
4x4, V8, auto, air, tilt, cruise, pw pl, cd player, dvd, leather, very nice truck! 150 km
$17,900

2009 DODGE JOURNEY SE
4 cyl, auto, seating for 7, nice and clean, 149 km, ready to go !
$11,700

2006 PONTIAC TORRENT
V6, auto, air, tilt, cruise, AWD, Heated seats, very nice and clean, 140 km
$11,800

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 10

metronews.ca/temp

Arrested development

With careers so sluggish they are Generation Wait

U.S. mobility for young adults has fallen to the lowest level in more than 50 years as cash-strapped 20-somethings shun home-buying and refrain from major career moves.

The new Census Bureau figures underscore the impact of the sluggish economy on young people whom demographers refer to as "Generation Wait."

Burdened with college debt or toiling in low-wage jobs, they are delaying careers, marriage and having children. Waiting anxiously for their lucky break, they are doubling up with roommates or living with mom and dad. THE ASSOCIATED PRESS

Sound familiar?

Nashville resident Jeremy Bills, 27, (pictured) has stayed put in his college town in hopes of finding a job in management consulting or human resources. Instead, he has mostly found odd jobs like pulling weeds and dog-sitting.

"I'm constantly looking for other jobs," he says. THE ASSOCIATED PRESS

Temp Enjoys Cocktails With The Danimal

It was after 5:00 and I was getting ready to call a cab when a flower delivery arrived — a jumbo tropical parade float that put my mind immediately to rum drinks. The Danimal passed through as I was opening the envelope. "Who's that for?" he asked.

I opened it and we both read it at once: "To most beautiful temp for glorious mcfunburry dinner. return from china very soonly." I wasn't sure how to play this.

"Shannon, is there something I should know?"

"Huh?" God, not the mating panda thing again. "No!"

"That's not what I meant."

"What did you mean?"

"I saw you and Xu Junior yacking it up in the parking lot. Don't think I believe the fortune cookie English thing for a minute."

"Oh."

"Yes, oh."

I tried casually to put on my jacket. Danimal said, "Come for drinks with me. It's not a pick-up. Yes, my wife's in Florida getting her lips done, but you know that. I just don't want to go home yet, not after today."

"Where's Andy Kimura?"

"We hate each other. I don't care where he is. It's one of the reasons we're selling."

A motherlode of potential office gossip was too big to ignore. "OK, but I don't go with married guys. Period."

"It's not about that. Let's go to that bar beside McFunbury's.

"The Executive Privilege Short-Term Corporate Lodging Good Time Experience?"

"That's the place. 'The Priv.' We have a deal with them."

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch. He got philosophical about cars, the way guys do. "Kevin's Shelby depressed the crap out of me. I looked at it and all I thought of was how it's too late to fix whatever bit of the economy is left after having shipped it all off to China. Think of Michigan: ten million primates needing 2,500 calories a day sitting on a cold rock in the middle of the North American continent, with nothing to do all day. A recipe for disaster. Bartender!"

More drinks. More philosophy. "Shannon, Detroit is our existential boogieman. Detroit forces us to ponder the meaning of being alive: we wake up, we do something, we go to sleep, we repeat it about 22,000 more times, and then we die."

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch.

I looked across the bar: Sarah and Kyle were coming in and they'd obviously just been ... frisky with each other.

Danimal was being maudlin: "I don't care if you're spying on TWK for the Chinese. I just want the old system back."

Dan and Sarah locked eyes. So did Kyle and I.

"Sarah?" said Danimal ... "This place is our place. You brought someone else here?"

"What about you, Romeo?"

Kyle looked at me... "Shannon?"

"It's not what you th—" I turned to Danimal, "Spying for the Chinese? Are you nuts?"

Caramba, what a mess.

TO BE CONTINUED...

Random fact of the day

- Jedi became the second-largest religion in New Zealand after an email campaign ahead of the 2001 census.

SOURCE: OMG-FACTS.COM

Random biz fact of the day

80%

Get some business cards and polish up your online profile — 80 per cent of jobs are secured via networking.

SOURCE: NEXCAREER

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FORD OVERSHADOWS, WELL, EVERYTHING

THE METRO LIST

Paul Sullivan
metronews.ca

1 Had enough of me yet? The slow moving political train wreck that is Rob Ford continues as the world watches, aghast and helpless. Drug /alcohol/escorts/assaults/ murderous threats — at this point, is there any bad thing the mayor of Toronto has not allegedly done? And yet, like the Black Knight in Monty Python and The Holy Grail, the Big Fella insists it's just a flesh wound. As one protest sign outside city hall suggests: it's time to either step aside … or fall over.

2 And then there's this typhoon. Not Hurricane Rob, but the very real and tragic Typhoon Haiyan. We all knew the worst storm ever was going to wreak havoc in the Philippines and it has. Thousands have died and more than 600,000 are homeless in the wake of the storm. Unless relief aid gets to the people who need it soon, the situation will get much, much worse. Is it just me, or is the worst thing about the Rob Ford Clown Show the fact that it's distracting us from helping those who really need help?

3 Meanwhile, back at the palace. Happy Birthday to Prince Charles, who turned 65. That's nothing. His mum is 87 and appears to be no less robust than her mum, who made it to 101. He already has the record for the longest wait to be crowned the King of England. How very strange it must be to spend your entire life waiting for your mother to die so you can assume the role you're born for. Too bad Shakespeare's not around anymore — he'd have a field day with this one.

4 He may not know art… but he sure likes Andy Warhol. Some Rich Guy (Woman?) paid $105 million US for a Warhol painting of a car crash, complete with dead body spread across the wreckage. Nice! Oddly, this wasn't the most spent on a single painting this week. That honour goes to a 1967 work by Francis Bacon called Three Studies of Lucien Freud, which sold for a world record $142.4 million US. I just went out and bought a set of paints and brushes. Gonna get me some of that.

5 Freedom Towers over Manhattan. New York is once again officially the home of North America's tallest building, the 1776-foot Freedom Tower. It replaces the Twin Towers demolished in 2001 by Osama Bin Laden's air force. Western Civilization, 1, Forces of Chaos, 0.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Chilly conditions for activists

MICHAEL SOHN/THE ASSOCIATED PRESS

Imprisoned protesters honoured

Portraits of Greenpeace activists are frozen in ice cubes in front of the headquarters of Gazprom Germany in Berlin, Thursday, during a Greenpeace protest against the imprisonment of 28 activists, a Russian photographer and a British video journalist.

The 30 people were arrested following a protest at a Russian oil rig in the Arctic.

Among the detainees are two Canadians: Paul Ruzycki of Port Colborne, Ont., and Alexandre Paul of Montreal.

In late October, Russia dropped piracy charges, which carry a sentence of up to 15 years. The 30 are now charged with hooliganism, which carries a maximum sentence of seven years.

THE ASSOCIATED PRESS

Paul McCartney asks for resolution

Paul McCartney is urging Russian President Vladimir Putin to release the captors.

In a letter addressed "Dear Vladimir," the former Beatle tells Putin that he wrote the song Back in the U.S.S.R in the 1960s, "back when it wasn't fashionable for English people to say nice things about your country."

Quoting the song's line "Gee it's good to be back home," McCartney asks: "Could you make that come true for the Greenpeace prisoners?"

"…It would be great if this misunderstanding could be resolved and the protesters can be home with their families in time for Christmas…" @PaulMcCartney tweeted Thursday. He posted the letter to his website.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Among some of the better games released to the App Store last month are an addictive noir mystery, classic pinball based on a classic franchise and an absolute gem of an RPG parody.

CONTRIBUTED

Device 6:

The best slice of interactive fiction to show up on iOS in quite a while, Device 6 puts you in control of Anna after she wakes up in a mysterious castle. As you guide her from room to room, the story and gameplay unfold through text that's creatively written to take advantage of the iPhone's capabilities. The story, the sound design and the puzzles — everything about this game is beautifully polished. (iOS/$3.99)

Star Wars Pinball 2:

From the developers of Zen Pinball, the first Star Wars tables that came out a few months ago are being complemented by a few new releases. If you've never played a Zen pinball game before, you're missing out on some of the best physics and highest concepts ever used in digital tables. Purchasing the app gets you one table with the option to buy others. For my money, they don't get better than Starfighter Assault and The Clone Wars. (iOS/$1.99)

Doom & Destiny:

If you can get over the feeling that you're being gently mocked the entire time, this parody of classic role-playing games that features four friends who somehow get sucked into a fantasy world where everybody is under the impression that they're legendary heroes sent to save a princess … of course. The controls are tight, the battles are varied and the story plays out like a comedy script, and not just a bunch of in-jokes. However, we're still unsure if the litany of grammar errors are part of the gag or actual sloppiness. (iOS/$2.99)

Twitter

@metropicks asked: A Moscow subway accepts 30 squats as payment for 1 transit ride. What exercise would you do for free entry onto transit?

@Blondefit_: 30 burpees!

@aaronenetic: pull ups on the handle bars

@Cazzy: Will twerk for duration of ride

@keepitbrutal: Piggy backing a stranger through the turnstile.

@thesmiliest: Can't we just smile at them? Squats make my legs hurt.

@CALanuza: Pick up the leftover Newspaper and some lil garbage… #yyc

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Cronenberg

Have you ever wondered what a Mugwump looks like up close? How about the telepod that transformed Jeff Goldblum from man to insect? If you are a fan of Naked Lunch, The Fly or of David Cronenberg in general, you'll want to make like the Reel Guys and head to the TIFF Bell Lightbox in Toronto to check out an elaborate and comprehensive exhibit detailing the director's storied career. The show runs until Jan. 19, 2014, and presents an unprecedented look in to the mind and career of one of our greatest filmmakers. To prime the pump, the Reel Guys suggest some must-see Cronenberg films if you can't make it to the exhibit.

Dead Ringers is a creepy Hitchcockian thriller with Third Reich overtones. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

An ode to Cronenberg

Look back. Visionary filmmaker gets his own exhibit in Toronto and the Reel Guys take a walk through his filmography to pick their favourites

Richard: I am an unabashed fan of David Cronenberg. I felt like a kid in a candy store — or should that be an entomologist at a larvae convention? — at the exhibition and I regularly revisit his movies on DVD. One that always gets overlooked is Spider, a trip into the mind of a severely mentally disturbed man starring Ralph Fiennes. Fiennes is great in a virtually dialogue free performance but it is Miranda Richardson as several characters — all the women in Spider's life — who really steals the show. It's a spooky and cerebral thriller.

Mark: Spider was never one of my favourites although it does have a great twist ending. My thoughts on the Cronenberg oeuvre — and they're almost all great — is how ahead of his time he's been on our relationship to technology. When Videodrome came out, it was dismissed by a lot of critics. Now we live its reality every day. Same with Existenz. Both visionary films that prove how far ahead of the curve the director can be. But I think the quintessential Cronenberg film is Dead Ringers — a creepy Hitchcockian thriller that has Third Reich overtones of medical experiments and twins — and also because Cronenberg himself looks like a gynecologist harboring a terrible secret.

RC: I also have a soft spot for The Brood. It's probably Cronenberg's most traditional horror film, and I take delight in loving a movie Leonard Maltin rated a "Bomb." Featuring Oliver Reed as an experimental psychotherapist, Samantha Eggar as a fetus-licking mother and murderous psychoplasmic offspring, it is the very stuff that nightmares are made of. It's lesser seen than The Fly or Dead Zone and way more down-and-dirty, but for sheer scares it's hard to beat.

MB: I like the brood but I prefer the Dead Zone even though legend has it that Cronenberg regretted doing a movie with all the incumbent studio interference. Know what? It still works. But Cronenberg will forever be one of my favourite directors if for no other reason than breathing life into Naked Lunch. A book I should have loved but could never get through — until I saw the film.

RC: He's audacious. He made an unfilmable book filmable and opened a lot of people's minds to reading author William S. Burroughs.

MB: He did the same thing with Cosmopolis, although I must say I didn't need to see Rabid to appreciate Marilyn Chambers.

Film's family theme rings true for Cobie Smulders

Touched by tale.
Actress says Delivery Man's story of a man with 533 children has universal appeal

RICHARD CROUSE
scene@metronews.ca

Cobie Smulders stars in Delivery Man. THE CANADIAN PRESS

In a recent tweet-a-thon to promote Delivery Man, Cobie Smulders teased that people should go see the film because Chris Pratt gets naked. "He doesn't get naked," she says a week later, admitting to the fib. "That was very overwhelming. I had never done that before. There were 9,000 tweets and I didn't know what to do."

The Canadian-born How I Met Your Mother actress stars opposite Vince Vaughn in a remake of Starbuck, a popular French-Canadian film about a man who finds personal redemption when he learns he is the father of 533 children.

"I went into watching Starbuck and then reading this script, like, '533 kids … from a sperm donor! What's this going to be?'

"It's still super funny, but I found myself affected by the way he connected with the children. Going out and doing a good deed and having it affect somebody in a positive way. I've always believed when you do good, you get good in return."

The sweet, uplifting message of Delivery Man struck a chord with Smulders, who says she "related to it on a parental level. I'm a mom myself and I think it touched upon so many themes of family."

Starbuck strikes a chord

The story of a sperm donor with 533 children resonates with audiences. The original film was 2011's most successful homegrown film in Quebec. Smulders thinks the appeal has to do with its universality. "It's a blown up version of something that happens in real life," she says.

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV.15 TO THURS., NOV. 21 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

Captain Phillips (PG) Fri 6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Tue 5:30-8:25 Wed 1:10-5:30-8:25 Thu 5:30-8:25
Carrie (14A) Fri-Sun 7:40-10:10 Tue-Thu 8:05
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 1:45
Cloudy With a Chance of Meatballs 2 3D (G) Sat-Sun 4:50 Mon 5:25 Tue 5:50 Wed 1:25-5:50 Thu 5:50
The Counselor (14A) Fri 7:10-9:55 Sat-Sun 1:30-4:25-7:10-9:55 Mon-Thu 5:40-8:30 Star & Strollers Screening Wed 1
Ender's Game (PG) Fri 7:30-10:05 Sat-Sun 1:35-4:35-7:30-10:05 Mon-Thu 5:45-8:40 Star & Strollers Screening Wed 1
Escape Plan (14A) Fri 6:55-9:45 Sat-Sun 1:10-4-6:55-9:45 Mon 5:50-8:40 Tue 5:25-8 Wed 1:15-5:25-8 Thu 5:25-8
Free Birds (G) Sat-Sun 1 Mon-Tue 6 Wed 1:20-6 Thu 6
Free Birds 3D (G) Fri 7-9:15 Sat-Sun 3:15-7-9:15 Mon-Thu 8:10
Gravity 3D (PG) Fri 8-10:15 Sat-Sun 2-5-8-10:15 Mon-Tue 6:05-8:15 Wed 1:25-6:05-8:15 Thu 6:05-8:15
The Hunger Games: Catching Fire (PG) No Passes Thu 8
Jackass Presents: Bad Grandpa (14A) Fri 7:45-10:05 Sat-Sun 1:50-4:40-7:45-10:05 Mon-Tue 5:35-7:55 Wed 1:20-5:35-7:55 Thu 5:35-8:35
Prisoners (14A) Fri 6:50-10:10 Sat-Sun 2:30-6:15-9:35 Mon-Tue 5:20-8:35 Wed 1:10-5:20-8:35 Thu 5:20
Thor: The Dark World 3D (PG) No Passes Fri 7:20-10:10 No Passes Sat-Sun 1:20-4:15-7:20-10:10 No Passes Mon-Tue 5:55-8:45 No Passes Wed 1:15-5:55-8:45 No Passes Thu 5:55-8:45

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

12 Years a Slave (14A) Fri 4-7:05-10:20 Sat-Sun 1-4-7:05-10:20 Mon 7:10-10:15 Tue-Wed 7:10-10:10 Thu 6:50-9:50
About Time (PG) Fri 4:40-7:35-10:25 Sat-Sun 1:50-4:40-7:35-10:25 Mon-Wed 7:35-10:25 Thu 7:20-10:10
Captain Phillips (PG) Fri 3:55-6:55-9:55 Sat 12:55-3:55-6:55-9:55 Sun 3:55-6:55-9:55 Mon 9 Tue 7:20-10:20 Wed 9:50
Ender's Game (PG) Fri 5-7:45-10:35 Sat-Sun 2:15-5-7:45-10:35 Mon 7:20-10:05 Tue-Wed 7:25-10:05 Thu 7:10-9:55
An Evening With Crystal Pite (PG) Sun 12:55
Free Birds (G) Sat-Sun 1:30
Free Birds 3D (G) Fri 4:30-6:50-9:05 Sat-Sun 3:50-6:50-9:05 Mon-Wed 6:50-9:05
Gravity 3D (PG) Fri 5:05-7:20-9:40 Sat-Sun 2:55-5:05-7:20-9:40 Mon 10:30 Tue-Wed 7:50-10:30
The Hunger Games: Catching Fire (PG) No Passes Thu 8:30-9 No Passes Thu 8
Jackass Presents: Bad Grandpa (14A) Fri 5:20-7:50-10:40 Sat-Sun 3-5:20-7:50-10:40 Mon 7:55-10:10 Tue-Wed 7:55-10:15 Thu 7:30-10:05
Last Vegas (PG) Fri 4:45-7:30-10 Sat-Sun 1:45-4:45-7:30-10 Mon-Thu 7:05-9:35
Rush Clockwork Angels Tour (G) Mon 7:30
Thor: The Dark World (PG) No Passes Fri 4:10 No Passes Sat-Sun 1:20-4:10
Thor: The Dark World 3D (PG) No Passes Fri-Sun 7:15-10:05 No Passes Mon-Thu 6:55-9:45 No Passes Fri 5:10-8-10:50 No Passes Sat-Sun 2:20-5:10-8-10:50 No Passes Mon-Thu 7:40-10:30

Kramer IMAX Theatre
2903 Powerhouse Dr.

Kenya 3D: Animal Kingdom (STC) Fri-Sun 2:15-4:45 Tue-Thu 1-3:30
Rocky Mountain Express (STC) Fri-Sun 1-3:30-7 Tue-Wed 2:15 Thu 2:15-4:45-7

Golden Mile
3806 Albert St.

Bhaji in Problem (STC) Fri 9:10 Sat 6:30 Sun 3:30
Despicable Me 2 (G) Fri-Thu 1:10-3:50-6:40-9:05
Don Jon (18A) Fri-Thu 1:10-3:45-6:30-9:10
Grown Ups 2 (PG) Fri-Thu 6:30-9:10
Insidious: Chapter 2 (14A) Fri-Sat 1:20-3:55 Sun 1:20 Mon-Thu 1:20-3:55
Lee Daniels' The Butler (PG) Fri-Thu 1:15-3:45-6:35-9:15
Planes (G) Fri-Thu 1:30-4:05-6:50-9:10
Ram-Leela (STC) Fri 6:30 Sat 9:10 Sun 6:30-9:10
Short Term 12 (14A) Fri-Thu 1:20-3:50-7-9:20
The Smurfs 2 (G) Fri-Thu 1:15-4
We're the Millers (14A) Fri-Thu 1:25-4:05-6:35-9:15

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Escape From Tomorrow (14A) Fri 9 Sat 7 Sun 9
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SHOPPERS DRUG MART

Mark Wahlberg. ALL PHOTOS GETTY IMAGES

Comparing part-prep to military life? Don't say hi to your mother for me!

While Mark Wahlberg plays a Navy SEAL in his latest film, Lone Survivor, he wants to make it very, very clear that his training for the film pales in comparison to being an actual SEAL.

"For actors to sit there and talk about, 'Oh, I went to SEAL training?' I don't give a f— what you did," he said during a post-screening Q&A in Los Angeles. "You don't do what these guys did. For somebody to sit there and say my job was as difficult as being in the military? How f—ing dare you, while you sit in a makeup chair for two hours."

McConaughey might be in the market for a few new shirts

Matthew McConaughey's career transformation over the past two years might have something to do with realizing his public image had gotten a bit … fluffy. "I get it," McConaughey tells GQ magazine. "Outdoors, shirtless on the beach, does a lot of rom-coms, girlfriends love him, good-looking. It's like he rolls out of bed and shows up and makes it look easy." But while he's gotten more serious in the roles he chooses, some things never change. "Of course I still play the congas naked," he says. "I just close the windows."

Matthew McConaughey

open minds
debating public issues

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Lily Allen responds to video backlash

Lily Allen

Lily Allen's return to music after a four-year hiatus is off to a bumpy start, with critics crowing that her new video, Hard Out There, is racist. So Allen has taken to Twitter to defend herself. "If anyone thinks for a second that I requested specific ethnicities for the video, they're wrong," she writes. "The video is meant to be a lighthearted satirical video that deals with objectification of women within modern pop culture. It has nothing to do with race at all."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Your honour, I never cuddled with that woman!

PAT HEALY
Metro World News

Alec Baldwin can sleep easier at night knowing his stalker is behind bars.

On Thursday, a New York City judge found Canadian actress Genevieve Sabourin, 41, guilty of stalking, attempted aggravated harassment, harassment and attempted contempt of court. She was sentenced to six months in jail.

The trial was dramatic, even by New York City standards. The two did seem to have some history: Baldwin admitted on the stand he had dinner with Sabourin three years ago at an Upper East Side restaurant but said it was to give her "career advice." She claims that afterwards, the two had sex and then "cuddled," which the 30 Rock actor denies (both the sex and cuddling). Baldwin allegedly said, "I make the best omelettes in the world and I'd be happy to make you omelettes every morning for the rest of your life." He also promised her a trip to meet Richard Gere. Hello single girl fairy tale! But then once he met his current wife, Hilaria, the fairy tale ended. And that's when her stalking began, with frantic calls, emails and even uninvited appearances at his house.

Twitter

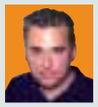
@TomArnold
What are the ethics on this?: You tweet something incredibly inappropriate but you delete it a couple hours later. It never happened, right?

@mindykaling
I love cornbread so much I wish that my nickname was Cornbread

@joeldavidmoore
Why do I feel like I have 10 lbs of coke in the trunk and just ran over a nursery every time a cop is behind me.

Liquid Assets

Embrace your inner pirate



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

To sip, or not to sip: that is the question when it comes to brown spirits.

Whisky aficionados will tell you the only way to properly appreciate their chosen tipple is as far away from mix as possible. Except for seafaring scallywags, your average rum drinker is much more cocktail-oriented.

Well, we're all a pirate at heart, and rum has seen an upswing as the devoted take a pass on coke and dive into the nuances a fine cane spirit reveals. It's the smaller batch, pot-still output that tastes best as a singular liquid entity. Demerara has a reputation for being the cognac of rums. Typically dark and oak-aged, they're a sophisticated sipper.

El Dorado 12 Year Old Demerara Rum ($33.95 to $37.99) is a blend of molasses spirit that's rested in used whisky barrels for a dozen years. The outcome is spicy and begs for contemplation.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

One-pot chili — but hold the tomato base

Recipe. Flip this classic dish on its head by changing up the base sauce and go for a creamy approach to winter warmth

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This time of year is perfect for a one-pot chili dish. This variety is made without tomato sauce. A white sauce is used instead, which is creamy and delicious. You can always use leftover cooked turkey or chicken breast and top it with whatever you like.

1. Dust the turkey with flour. Sauté in 2 tsp oil just until browned on all sides (about 3 minutes). Do not cook through. Set aside.

2. Sauté the onion in 1 tsp oil for 5 minutes. Add the corn and sauté for 5 minutes until lightly browned. Add the red pepper, garlic, cumin, jalapenos and salt and pepper and sauté for 3 minutes.

3. Add 1 1/2 cups of the beans. Purée the remaining 1/2 cup with 1/2 cup of chicken stock. Add to the pot along with the remaining stock. Cover and simmer for 15 minutes until thickened. Add the turkey and cheese and cook for 2 minutes.

4. Garnish with cilantro, aged cheddar and tomatoes.

This Turkey and Kidney Bean Chili puts a different spin on a traditional dish. ROSE REISMAN

Nutritional analysis

Per serving:

- Calories: 255

Ingredients

Prep time: 15 minutes
Bake time: 33 minutes

- 12 oz diced turkey breast
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 ½ cups diced onion
- 1 tsp vegetable oil
- 1 cup corn
- 3/4 cup diced red pepper
- 2 tsp chopped garlic
- 2 tsp cumin powder
- 1/2 tsp minced jalapeno peppers (add a few seeds for extra heat)
- pinch of salt and pepper
- 2 cups canned white cannellini beans, drained and rinsed
- 2 cups low-sodium chicken stock
- 1/2 cup grated white aged cheddar cheese

Garnish: chopped cilantro, grated aged orange cheddar cheese, diced tomatoes

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Holiday gift guide

40 shopping days left

Tech the halls

Toys that will tickle the toddlers on your list

MIKE YAWNEY
For Metro

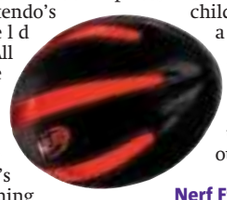
Children's toys are getting much more high-tech. Watch your little one's eyes light up in delight when they unwrap these gifts this holiday season.

Furby Boom — $59.97
This hot new toy has even more personality than previous models. Expect more interaction, emotions, plus new artificial intelligence. A polished new iOS and Android companion app will have kids feeding their Furby, playing games with them and looking after virtual baby Furbies. Warning to parents — you may need earplugs since Furby talks ... a lot.

Sphero 2.0 — $129.99
A robotic ball you control with your Android or iOS device. With speeds at seven-feet-per-second, Sphero 2.0 is great for pulling off stunts around the house or outside. Internal lights illuminate the ball as it rolls, plus a wide variety of games can be downloaded to your device, making sure the fun never ends. Add the "nubby" skin to give it even more grip.

Hasbro Zapped Games — various prices
Bring the family together with a new twist on classic board games. Place your iOS device in the middle of the board and watch as the games come to life. Stuck in jail in Monopoly? Play a mini-game to get out for free. Games include Monopoly, The Game of Life, Battleship and many more.

Nintendo 2DS — $129.99
The newest member of Nintendo's hand-held family. All the features of the 3DS minus the 3D viewing. The new form factor doesn't fold like the original, but it's still great for gaming on the go. Compatible with all existing 3DS titles.



Philips Friends of Hue Lightstrips — $89.95
Are your kids afraid of the dark? Stick these lightstrips under their bed or in their bedroom to give a soft glow at night. Pick from one of more than 16 million colours and control the brightness using the app designed for your iOS device (requires Philips Hue Bridge accessory).

Belkin Lego Builder Case for iPod — $29.99
A protective case for your child's iPod with a twist. The back contains a Lego base plate, allowing your child to add pieces, customizing their own case. Available in a variety of colours.

Nerf Firevision — $19.99 and up
Play football in the dark. This football contains microprism technology that glows in the dark when kids wear the special Firevision frames. The glow can be seen from more than 100 feet away. No charging required. A Firevision Flyer Disc and hyper Bounce Ball are also available.

LeapReader — $59.99
Give the gift of learning. This electronic pen will help your youngster learn to read and write while having fun. When the pen is used alongside special LeapReader books (sold separately), it can sound out letters, words, and teach children to form letters and numbers with stroke-by-stroke guidance.

Laser Pegs — various prices
Plastic building blocks that light up. Each plastic piece contains a tiny LED light that feeds the next with a low-voltage current, letting you create amazing light up creations. Purchase building sets or make your own creations.

Furby Boom — $59.97, clockwise, from top centre, LeapReader — $59.99, Nintendo 2DS — $129.99, Nerf Firevision — $19.99 and up, Sphero 2.0 — $129.99, Laser Pegs — various prices, and Belkin Lego Builder Case for iPod — $29.99.

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Lending a helping hand

Free time. There are myriad ways to contribute your time during the holidays

JANE DOUCET
For Metro

When the holidays roll around, many Canadians are facing several days off work and wondering what to do with their free time after the festivities are over.

How about lending a helping hand?

"The holiday season is a great time to reflect on a volunteer effort that you might like to begin now and continue to do throughout the year," said Paula Speevak-Sladowski, the director of programs, policy and applied research at Volunteer Canada.

If you were thinking about serving a meal at a homeless shelter, walking dogs for an animal rescue group or singing carols at a seniors' home, don't wait until the last minute to sign up.

"Each organization has a volunteer screening process that can sometimes take weeks to complete," Speevak-Sladowski said. "To avoid being disappointed, make your inquiries early."

So what are some common volunteer needs around the holidays? During the winter many adults and kids need warm clothing, so you can either donate coats, snowsuits, boots, gloves and hats that you no longer wear from your own closet or join a local group that collects and distributes them.

Food banks also hold drives at this time of year — you can donate money in person or online or buy non-perishable goods to help stock the shelves.

Since there is a need for warm clothing in the winter, you may want to join a local group that collects and distributes clothing. MANGOSTOCK/SHUTTERSTOCK

The most important factor is to figure out what you have to offer, then find somewhere that can use your talent. If you are crafty, you could make and drop off decorations at a seniors' residence. If you like to knit, you could join a knitting group that donates hats and mittens to a children's hospital gift shop.

There are myriad ways to contribute your time and resources.

"You can volunteer as an individual, as a family, at your workplace, in a school or with an organization," Speevak-Sladowski said.

If you aren't sure where to start, two helpful websites are volunteer.ca and getinvolved.ca.

And don't worry if you aren't keen on your volunteering effort the first time you try it.

"If you didn't have the experience you were hoping for, keep looking until you find the right fit," Speevak-Sladowski said. "When everyone's needs are met, volunteering benefits everyone."

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THE TRUE MEANING OF THE SEASON

TIME TO THINK ABOUT CHARITABLE GIVING

ISTOCK/THINKSTOCK

With all the holiday frenzy, it may be easy to forget the importance of charitable giving.

We may be bombarded with requests, but do we actually open our wallets and support those in need? How do we decide on which charities to support?

And considering all the other expenses at this time of year, why would we choose the holidays to make our donations?

"People make donations throughout the year, but charitable giving does start to rise in late October and continues to increase right up to Dec. 31," says Marina Glogovac, president and chief executive officer of CanadaHelps, a registered charity with a mission to help other charities, providing affordable, online fundraising technology for charities, and offering a destination for Canadians to give to the charities of their choice.

Glogovac believes this is partially out of habit and partially for tax benefits, but she also believes Canadians want to share with those in need during this time of year to realize the true meaning of the season.

While cash donations are still the most popular, there are other ways to give.

"Charity gift cards are a great way to spread giving," Glogovac says.

CanadaHelps.org offers charity gift cards for many occasions, and the recipient chooses the cause (from any of Canada's 86,000 charities) to which they want to contribute.

"Another trend is pooling family members together to make a group donation to a charity in lieu of exchanging family gifts."

Also growing in popularity is giving an item instead of cash, anything from livestock to trees can be gifted to a family in a developing country in someone's name.

Perhaps the most important decision is which charities to choose.

"Many people give to their alma maters, health-related charities and to communities in need, but there are many other worthy charities," Glogovac says. "It's important to choose based on what's important to you, especially if you're considering regular donations and planned giving."

Start with research.

"Don't just look at the obvious choices. There are many incredible small charities that do great work. Spend some time figuring out what's important to you."

Visit the Canada Revenue or CanadaHelps websites, or check out individual charity sites to read about charity visions, mission statements and more to help you decide.

– Michelle Williams

HELP A BLIND PERSON SEE

Chime and Tashi.

CONTRIBUTED

Ninety per cent of the 39 million blind people in the world live in low-income countries and the majority won't walk into a hospital and request sight-restoring surgery for something as treatable as cataracts, the leading cause of blindness. They are too poor. They don't understand they can be helped. They have no way to get to the hospital. They are frightened. They are women and children and not able to travel freely. They will stay blind until eye care is brought to their doorstep.

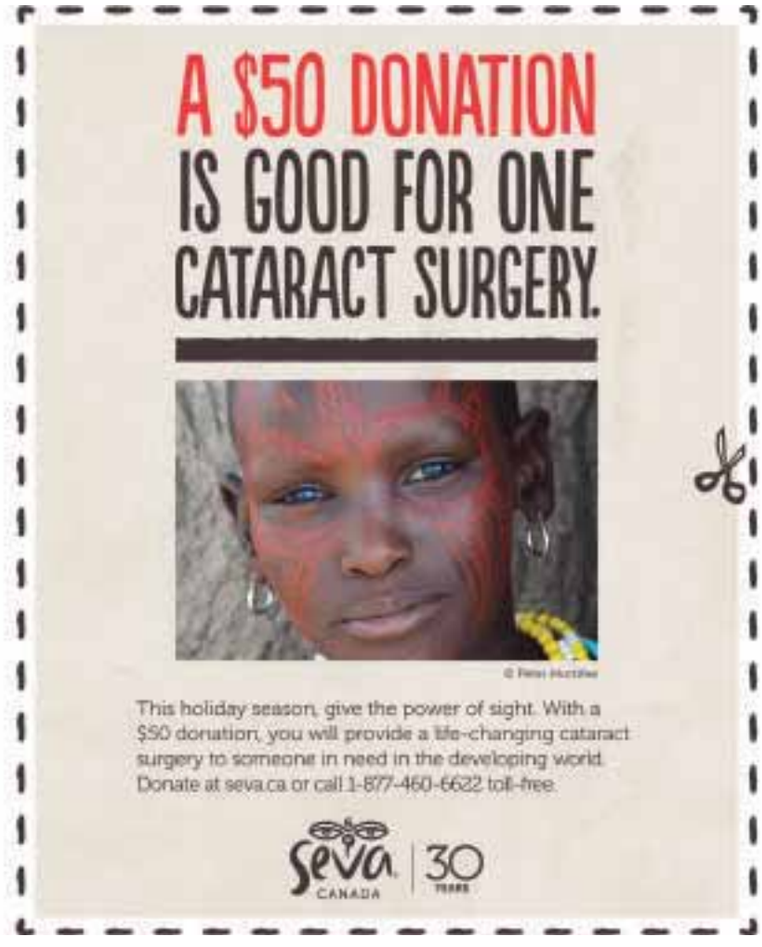
Seva Canada has worked for more than 30 years to restore sight and prevent blindness in low-income countries. Seva believes eye-care programs must leave the confines of the hospital.

"The most important thing we do is to connect blind people, the majority of whom live in remote, rural areas with the eye care that can help them," says Seva Canada executive director Penny Lyons. "This is accomplished by studying the financial and social barriers that prevent people from accessing care and using this knowledge to empower people to get the help they need."

Eighty per cent of all visual impairment is avoidable through prevention, treatment or cure. Cataracts can be treated with a 15-minute operation costing just $50.

This holiday season help a blind person see.

Someone like Chime. Chime and her only companion, six-year-old daughter Tashi, were homeless beggars in the streets of Nakchu, Tibet. Chime, blind from cataracts, relied on Tashi to lead her through the streets to beg for food and money. Then Seva came and restored Chime's sight. Now she can see. She can work. Tashi can go to school. Together they have a brighter future.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PLAN CANADA'S GIFTS OF HOPE

Jillian Mojeski visits with schoolchildren at a rural primary school in Rwanda.

When Jillian Mojeski travelled 11,000 kilometres to Rwanda, she learned that changing the world can be as easy as giving a Gift of Hope.

She and her colleagues at Klick Health had donated gifts of livestock through Plan Canada's Gifts of Hope, and those animals were given to families in some of the world's poorest countries to help create self-sufficiency and grow community cooperatives.

"It's so easy to give and my small donation made such a huge difference," Mojeski says about the impact of her gift.

Mojeski made the journey to rural villages to see the community development projects made possible by contributions from both her and her colleagues. She met schoolchildren eager to learn in safe, hygienic schools, and young women and men learning plumbing and construction at vocational training centres. She talked with pig co-operative farmers and families thrilled to have clean water thanks to the generosity of Mojeski and other donors.

"There's such a sense of pride," Mojeski says. "People are really excited to demonstrate projects your donations funded. It was an opportunity to shake someone's hand and close the loop in the contribution."

Mojeski is one of thousands of Canadians who will choose to give Gifts of Hope this holiday season. When you buy a Gift of Hope, your contribution supports real projects — like livestock co-operatives, clean water and education projects — in the communities where Plan Canada works, and these gifts change real lives.

"Sitting at your computer, clicking yes, thinking you are making a difference – it's not even close to the experience of seeing the actual impact for yourself," Mojeski says. "Now I realize that a small donation of an animal represents more than just food or a business opportunity.

Muteteri Ancille, a member of Rwanda's Abakoranabushake pig co-operative, proudly shows visitors how their donations have made a difference.

CONTRIBUTED PHOTOS

A pig co-operative can empower an entire community."

Plan Canada works with children and communities in 69 countries around the globe, helping them to create a better life and a better future for their children.

"In rural communities, livestock is often the first step to household economic security," says Sangita Patel, Plan Canada's director of program management. "It starts with families selling things like eggs or milk. With extra cash, mothers can better care for their families. There's money for more nutritious food, medicine and school supplies. Young women in some communities have formed co-operatives with livestock, creating leadership opportunities, increasing their confidence and self-esteem."

This holiday season, generous Canadians can make a profound difference for children and communities around the world. There are more than 40 Gifts of Hope that support international development programs. Projects in the areas of livestock, education, health, water and livelihood help families break the cycle of poverty and open up new opportunities for their children.

You can also support Plan Canada's Because I am a Girl initiative by choosing from 15 gifts that support the rights of girls. By purchasing these gifts, you are supporting the work Plan Canada does that directly benefits girls and women.

"The Gifts of Hope program is perfect for the holiday season," Mojeski says. "Rather than giving a gift that will just end up in the closet a few weeks later, you can give a meaningful gift that will change the lives of the people who need it most."

A Gift of Hope gives to both the giver and the recipient. A gift can help teach and nurture philanthropy in children, create global awareness and remind us all that the greatest joy lies not in receiving but in giving.

During her trip, Plan Canada's Gifts of Hope program exposed Mojeski to both personal and global change. The experience opened her eyes to the value of sharing what we have to improve the lives of others.

"I will be involved with Plan Canada for the rest of my life," she says. "With Gifts of Hope, you're empowering people to change their lives and that really is a gift of love."

– Heather Beaumont

MATCHED GIFTS

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HELP THOSE STRUGGLING WITH ADDICTIONS

When struggling with addiction, sobriety can seem like an overwhelming and unreachable goal. However, recovery is never out of reach, no matter how hopeless or intimidating it seems. Change is possible with the right treatment and by addressing the root cause of the addiction.

For many addicts, addiction starts at a young age when they turn to available chemicals to escape the discomforts of everyday life. Not understanding the cause, they place blame on everyone else for their circumstances and are accountable to no one. Eventually, they lose control of their lives and substances consume them and make all their decisions for them.

All this begins to change when they enrol in Welcome Home. Welcome Home is more than just a rehab centre. It is a life-skill training centre for young men and women ages 19-34 who are committed to changing their lives.

COLOURBOX

At Welcome Home, program participants are kept productively occupied at all times. Idle time for addicts is dangerous — it leads them to thinking of justifiable reasons to give in to temptation. The structure at Welcome Home is exactly what is needed to help maintain the sole focus of recovery. Having the regiment and the daily routine helps build students into the people they are meant to become.

The daily program includes:

- Group therapy
- Physical exercise
- Vocational skills development
- Social skills development
- Leadership training
- Recreational and social activities
- Life skills training in nutrition, finance, mental wellness, healthy relationships, etc.

Through constant and consistent practice, only possible in long-term treatment, Welcome Home students gain the life skills and coping skills that were missing in life before.

Most of all, they learn that no matter what challenges come, the greatest challenge is overcoming themselves and the destructive patterns they developed in their addiction. Welcome Home pushes students beyond previous limits they set for themselves. They learn to be productive and to live fulfilling lives where using drugs is not an option. They learn to be responsible, not only for themselves, but also for others. They develop strong foundations for lives of sobriety and learn that life is worth living.

Inevitably, the road to recovery is full of stumbling blocks, pitfalls, and setbacks. However, with effective, long-term treatment, these obstacles become opportunities in disguise and help program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society for life.

For addicts still living in addiction, know that change is possible and all is not lost.

Don't waste another day. Stop the pain. Lifelong sobriety is within reach. Be bold. Make a choice. Decide today to make the right decisions. The first decision is to get help.

For more, call Welcome Home at 1-855-592-3001 or visit whrecovery.org.

CHANGING LIVES

Welcome Home promises to provide everything that is needed to change lives. The only thing required by potential students is a commitment to change. This is made possible by generous funding from the John Volken Foundation and through donations of supporters, which make Welcome Home the most affordable long-term treatment program of its kind.

One-hundred per cent of all donations go directly to supporting Welcome Home program participants in their recovery.

CONTRIBUTED

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Ages 18-34

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At Welcome Home, we not only eliminate the addictive behavior, we also resolve the underlying issues that led to the addiction in the first place.
In addition, program participants receive extensive career training and gain the healthy life-skills and coping abilities needed to stay sober. Program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society - for life!

Life-long sobriety - that is our only purpose.

Most Affordable

Welcome Home is funded by the John Volken Foundation, a private charitable organization dedicated to fighting addiction.
Thanks to this funding, **the Program is FREE**, except for the one-time administrative in-take fee.

Take the First Step

Give Us a Call Today

To Find Out More

Phone 855-592-3001

www.whrecovery.org

I have been in foster-homes, many different recovery programs, and attented countless meetings, nothing helped. Welcome Home changed my life - it is the greatest gift I could ever receive. - ***Kelly D.***

WelcomeHome
ADDICTION RECOVERY ACADEMY
Changing Lives

6911 King George Blvd, Surrey, BC.

I cannot thank you enough for what you have done in not only my life, but my family's as well. - ***Marty C.***

SPORTS 4

Foley forecasts fireworks in West Division final

CFL. Rivalry heats up once again with a Grey Cup berth on the line

The Roughriders' Ricky Foley sacks Lions quarterback Thomas DeMarco on Oct. 4 in Vancouver. Foley is hoping to play in his second straight Grey Cup having been a key member of the Argos last season. DARRYL DYCK/THE CANADIAN PRESS

Saskatchewan Roughrider defensive end Ricky Foley has been here before — staring down a tough team in a division final, with the possibility of playing in the Grey Cup on home turf on the line.

The Riders will play the Stampeders in Calgary in the CFL West Division final on Sunday, with the winner heading to Regina for the Nov. 24 Grey Cup.

Foley was with the Toronto Argonauts last season when they won the Grey Cup at home. But first, the Argos had to get past their arch rival Alouettes in Montreal in the CFL East Division final.

It's only Foley's first year in Saskatchewan, but he says the Riders' feelings against Calgary are similar.

"You can feel it. It's definitely palpable," Foley said after practice Thursday. "You can sense it around here with the guys who have been with the team for a while. I know how much they don't like Calgary.

"We've got some guys on our team who like to talk; they've got some guys on their team who like to talk. They've got some guys who like to hit; we've got some guys who like to hit. So any time you have that, I think it's put into a little bit of a melting pot and it's pretty combustible right now.

"I think there's a genuine distaste for each other right now at this point and Sunday's probably going to explode and we'll see what happens."

Some things are similar to last year in this division final, Foley said, while others are not.

"Well, for me it's a lot colder. I was in a dome last year doing this sweating, so that's my main difference," Foley joked. "The feeling, it's pretty similar. Even when I was in B.C., it's pretty similar. You know, you get to this point, you realize it's the CFL and anybody can win on any given day. The best four teams are left and you've got to bring your A-game."

Foley said it's only fitting that Calgary is the team Saskatchewan has to get past to get to the championship.

A 29-25 win over the B.C. Lions in the West semifinal earned the Roughriders the trip to the West final.

Calgary won the West with the CFL's best record of 14-4. The Stampeders also won the season series with Saskatchewan 2-1, with both victories coming at McMahon Stadium.

Foley, who also won a Grey Cup with B.C. in 2006, says playoff games come down to trusting your coaches and your teammates.

"From my experience, the best thing to do is not get too uptight, not try to do anything too much different than what you've done," he said. "You've been successful, you've gotten to this point — keep doing what you've done to get here and just be focused."

THE CANADIAN PRESS

West Division final

Roughriders at Stampeders, 3:30 p.m. (TSN)

Calgary won the season series 2-1, with both wins coming at McMahon Stadium. Saskatchewan advanced to the conference final by downing B.C. 29-25 last weekend, with quarterback Darian Durant going 19 of 23 passing for 270 yards and two TDs and running for a game-high 97 yards on six carries.

Both teams have solid rushers as Calgary's Jon Cornish had a CFL-leading 1,813 yards with Saskatchewan's Kory Sheets second at 1,598. But they also sport solid defences as the Riders allowed a league-low 22.1 points per game while the Stampeders were second at 22.9.

The Stampeders were 8-1 at home and 7-1 versus West Division competition.

Pick: Calgary

Congratulations on making it to the Western Final!

GOOD LUCK!

Century 21 Dome Realty Inc.

Marcel Rossler
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Good Luck at the Western Final!

Ian Johnston
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Good Luck Riders at the Western Final!

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Mayor's comments don't float Argos boat

CFL. Toronto's Rob Ford uses lewd language on live TV while wearing Boatmen jersey

Toronto Mayor Rob Ford arrives for work Thursday.
TORSTAR NEWS SERVICE

Canada's oldest football team had some harsh words for Rob Ford on Thursday, after the embattled mayor used sexually graphic language on live television while wearing a Toronto Argonauts jersey.

Ford — wearing a No. 12 Argonauts uniform with "Mayor Ford" in block white letters on the back — made the disturbing remarks in response to allegations he had told a female aide he was going to have oral sex with her.

Television cameras were rolling as Ford spoke to a throng of reporters outside his office at city hall, a short distance from where the Argonauts practised later in the day for their upcoming playoff game against Hamilton.

The CFL team released a statement moments later, calling the situation "unseemly at best."

Ford's latest remarks while wearing the team's jersey "are particularly disappointing given our organization's work in the community to help youth deal with issues of bullying prevention," the statement said. THE CANADIAN PRESS

East Division final

Ticats at Argonauts, 12 p.m., Sunday (TSN)
All signs point to a tight, high-scoring affair. Both quarterbacks are veterans and have won their share of big games, including Grey Cups. But Toronto has done a better job of protecting the football with just 32 giveaways — including a league-low nine interceptions — and had 18 more takeaways than turnovers.

Hamilton can't say the same, committing 45 turnovers during the season and finishing -13 in the giveaway-takeaway bracket. That often decides the outcome in a close game.

Pick: Toronto

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	18	7	10	1	33	45	15
Columbus	17	6	10	1	44	50	13

Thursday's results
Los Angeles at NY Islanders
Columbus at Boston
Anaheim at Tampa Bay
Phoenix at Chicago
Colorado at St. Louis
Dallas at Calgary
San Jose at Vancouver
Wednesday's results
Minnesota 2 Toronto 1 (SO)
Philadelphia 2 Pittsburgh 1
Dallas 3 Edmonton 0
Friday's games
All times Eastern
Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
Minnesota	19	11	4	4	50	41	26
St. Louis	16	11	2	3	54	37	25
Dallas	18	9	7	2	49	52	20
Winnipeg	20	9	9	2	53	57	20
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	20	4	14	2	48	78	10

Note: 2 points for a win, 1 point for overtime loss.

Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.
Saturday's games
NY Rangers at Montreal, 7 p.m.
Detroit at NY Islanders, 7 p.m.
Buffalo at Toronto, 7 p.m.
Pittsburgh at New Jersey, 7 p.m.
Carolina at St. Louis, 8 p.m.
Tampa Bay at Phoenix, 8 p.m.
Chicago at Nashville, 8 p.m.
Florida at Colorado, 9 p.m.
Edmonton at Calgary, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS
(2 games, total goals)
Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, Nov. 24
Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP
Saturday, Dec. 7
East champion vs. West champion, 4 p.m.

CFL PLAYOFFS

DIVISION FINALS
Sunday's games — All times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP
At Regina, Saskatchewan
Sunday, Nov. 24
East champion vs. West champion, 6 p.m.

NFL

WEEK 11
Thursday's result
Indianapolis at Tennessee
Sunday's games
All times Eastern
Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday's game
New England at Carolina, 8:40 p.m.

NBA

Thursday's results
Houston at New York
Oklahoma City at Golden State
Wednesday's results
Philadelphia 123 Houston 117
Orlando 94 Milwaukee 91
Charlotte 89 Boston 83
Toronto 103 Memphis 87
Minnesota 124 Cleveland 95
New York 95 Atlanta 91
San Antonio 92 Washington 79
Denver 111 L.A. Lakers 99
Utah 111 New Orleans 105
Sacramento 107 Brooklyn 86
Portland 90 Phoenix 89
L.A. Clippers 111 Oklahoma City 103
Friday's games
All times Eastern
Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

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$419,000

Woodland Grove
Nice 3 bedroom home on Cul-De-Sac. 1671 Sq. Ft. home. Basement features rec room and games room, 3 pce. Bath, storage and work shop area. Main floor laundry, family room, kitchen and bedrooms. Great family home.

$459,900

Great Home!
829 Grace St. Nice 1040 sq. ft.
3 bedroom home. Detached double garage.
Back yard has a deck, trees,
and garden area

$264,900

2645 Broder St.
Great 2 bdrm character home in desirable Arnhem Place. This home features many updates which are refinished hardwood floors, lino in kitchen & bath, light fixtures, paint, pvc windows, shingles, he furnace, custom kitchen cabinets & counters, appliances, basement braced with engineer's docs, Needs nothing, shows great!

$239,900

Won't Last!
This comfortable bungalow has a lot to offer and shows many renovations in the last five years which would include maple cabinets, counter tops, h/e furnace & a/c, shingles, eaves trough, soffits, windows, exterior & interior doors, electrical panel, water heater, 4pc bath, lighting fixtures, extra value would be the 5 newer appliances.

$229,900

Custom! Harbour Landing!
Executive custom built bungalow in desirable Harbour Landing. Features open concept floor plan, hardwood & tile flooring in the main area & bedrooms carpeted. Kitchen features granite counter tops, custom built maple cabinets with 42"" upper cabinets, walk through pantry to large shared mud room/laundry. Owners suite is very private with a 4 pc. bath and large walk in closet. Foundation built on engineered piles for added peace of mind. Basement fully developed with large rec room, two additional bedrooms & 4 pc. bath. Dual temp controls for main floor & basement. Natural gas RI in kitchen for gas stove as well as under the deck for BBQ. Very large yard, approx 150' deep. GST is included in sale price of home with GST rebate back to builder.

$599,900

Terry Hnatiuk
306-533-6002

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MLB

Baseball owners OK expanded replay

Another baseball tradition is about to largely disappear: A manager, with a crazed look in his eyes, charging the field and getting into a face-to-face shouting match with an umpire.

Instead, most calls on the field next season will be subject to video review by umpires in New York.

Baseball took the first vote in a two-step process Thursday, unanimously approving funding for expanded instant replay in 2014. They plan to approve the new rules when they meet Jan. 16 in Paradise Valley, Ariz., after agreements with the unions for umpires and players.

Bud Selig THE ASSOCIATED PRESS

"We made a gigantic move today," commissioner Bud Selig said. "This is quite historic."

Selig long opposed replay and watched as it was first used by the NFL in 1986, the NHL in 1991, the NBA in 2002 and Wimbledon in 2006. Even the Little League World Series put replay in place for 2008.

MLB allowed it starting August 2008 but only to determine whether home runs were fair or cleared fences. Now, virtually every decision will likely be subject to review, except balls and strikes, checked swings and some foul tips.

"Tag plays, out/safe at first, fair/foul past the bags, those are all going to be included," said Rob Manfred, MLB's chief operating officer. THE ASSOCIATED PRESS

Tigers third baseman Miguel Cabrera was named AL MVP for the second straight year on Thursday. EZRA SHAW/GETTY IMAGES

Miggy in the money with another MVP

MLB. Tigers' star slugger Cabrera named AL's best again after winning another batting title in Detroit

All those who marvel at Miguel Cabrera can only wonder what he might have done this year if completely healthy.

Even so, Cabrera was a huge hit in Motown.

Despite being hobbled by all sorts of ailments, the Detroit Tigers slugger won his second straight American League Most Valuable Player award Thursday, once again beating Angels outfielder Mike Trout by a comfortable margin.

A season after winning baseball's first Triple Crown in 45 years, Cabrera came back to lead the majors in hitting at .348 and finish second with 44 home runs and 137 RBIs.

"I think this year was tougher because of the injuries," he said on a conference call from the Miami area.

"It was the last two months. It was tough to play through it," he said.

The eight-time all-star missed several games after the break because of a bad back, a sore left hip flexor, a strained lower abdomen, shin trouble and a groin tear. He recently had surgery to fix the tear and said he'll be ready for spring training.

Still, Cabrera got 23 of 30 first-place votes from members of the Baseball Writers' Association of America. He became the first player to win consecutive AL MVPs since Frank Thomas for the Chicago White Sox in 1993 and 1994.

Pirates centre-fielder Andrew McCutchen took the NL MVP by a surprisingly wide margin after leading a baseball revival in Pittsburgh.

McCutchen drew 28 of the 30 first-place votes to finish far ahead of Arizona first baseman Paul Goldschmidt and St. Louis catcher Yadier Molina.

"I'm floating right now," McCutchen said in Pittsburgh. "But I definitely didn't expect it to be a landslide with those other guys — Goldschmidt and Molina. They were great candidates and I didn't know what to expect."

McCutchen ranked among the NL leaders by hitting .317 with 21 home runs and 84 RBIs. He also scored 97 runs, stole 27 bases and had a .404 on-base percentage.

The 27-year-old with the long, flowing dreadlocks helped the Pirates stop a record streak of 20 losing seasons and make the playoffs for the first time since 1992.

THE ASSOCIATED PRESS

Million-dollar dream

$1M

Miguel Cabrera drew a $1-million bonus for winning his second MVP during his current contract with the Detroit Tigers.

Pirates centre fielder Andrew McCutchen won the NL MVP award on Thursday. DAVID MAXWELL/GETTY IMAGES

Sports in pictures

1 IndyCar. Franchitti calls it a career early

Three-time Indy 500 winner Dario Franchitti retired Thursday after doctors told him it is too dangerous to race with the injuries he suffered in last month's crash. THE ASSOCIATED PRESS

2 Swimming. Phelps eyeing return for Rio?

Michael Phelps has rejoined the U.S. drug-testing program, the strongest signal yet that he's planning a comeback for the 2016 Rio de Janeiro Olympics. THE ASSOCIATED PRESS

3 NHL. Leafs' Kadri hit with three-game ban

Toronto Maple Leafs centre Nazem Kadri has been suspended for three games for his hit to the head of Minnesota Wild goalie Niklas Backstrom on Wednesday night. THE CANADIAN PRESS

Good Luck Riders!

Kevin Peter
306-790-3709

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REGINA SPORTS NEWS FIRST
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Horoscopes

♈ Aries
March 21 - April 20
You may not be able to ignore problems on the work front but you can lessen their impact by refusing to worry about them.

♉ Taurus
April 21 - May 21
There is no copyright on ideas and if someone else's insight grabs you and makes you think you can use it for your own benefit then do so and don't feel in the least bit guilty about it.

♊ Gemini
May 22 - June 21
You may not care what other people are saying about you behind your back but the planets suggest it might be a wise move to find out.

♋ Cancer
June 22 - July 23
What loved ones need most is a few words of encouragement, and that's something you never fail to deliver.

♌ Leo
July 24 - Aug. 23
The more you hurry lately you less you seem to get done. Do you think you should take the hint? Don't worry about falling behind in your schedule. If you take things easy today you may actually find you get more done.

♍ Virgo
Aug. 24 - Sept. 23
Someone at work or in your social sphere may say something hurtful today but you don't have to take it seriously. It's only words and words cannot do lasting damage, unless you let them. Ignore what you don't want to hear.

♎ Libra
Sept. 24 - Oct. 23
Just because friends don't seem too impressed by your latest big idea does not mean you should abandon it.

♏ Scorpio
Oct. 24 - Nov. 22
Generally speaking you don't try too hard to make yourself look good – as far as you're concerned it's up to other people to impress you – but it will pay you to put on your best face today.

♐ Sagittarius
Nov. 23 - Dec. 21
The answer to a problem of some kind is more likely to come to you if you stop searching for it so hard.

♑ Capricorn
Dec. 22 - Jan. 20
The more someone tries to convince you of their honesty the more careful you should be. The fact that they are making such a big issue of it suggests they may have something to hide. You're not the sort to be easily fooled – are you?

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you find it hard to let others know how you feel. Maybe that's just as well.

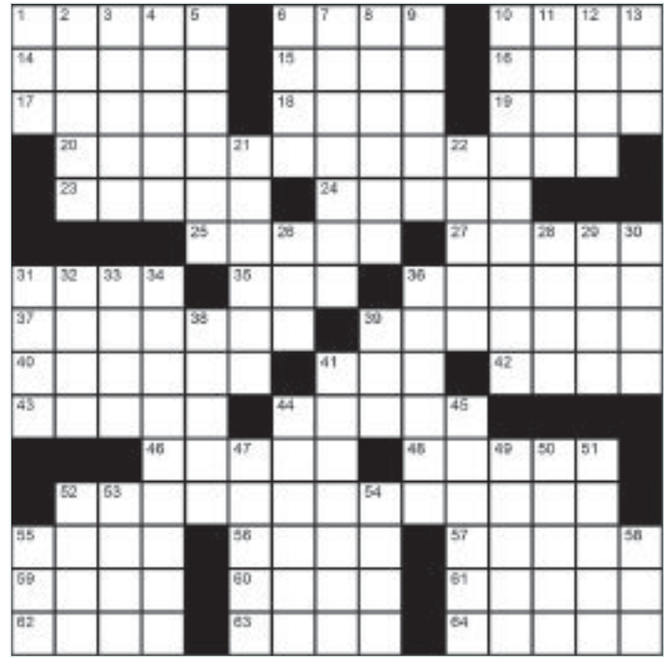
♓ Pisces
Feb. 20 - March 20
Mistakes are a fact of life, so if you make one today don't feel too bad about it. On the other hand, if a friend or colleague points out that you are making the same mistake over and over again then maybe you do need to act.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



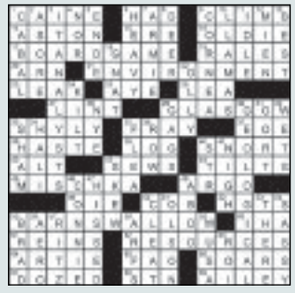
Across

1. Training institutes, for short
6. Finishes
10. Actress Ms. Farmiga
14. Sort of shrub
15. Hair remover brand
16. Dedicated
17. "Much ___ amazement..." (We were quite surprised)
18. Like a hooting bird
19. ZZ Top hit
20. Vancouver-born actress who plays Robin Scherbatsky on "How I Met Your Mother": 2 wds.
23. After lunchtime time, e.g.: 2 wds.
24. Beautify
25. Bluegrass musician, _ __ Burnett
27. Story, in a house, in French
31. Blue-__ stock
35. Speech stops
36. House: French
37. Nunavut's Road to __
39. BC city east of Vancouver
40. CBS police drama, "Blue __"
41. '_' __ in Vancouver
42. Suffix meaning 'condition of sight'
43. Funnel-shaped
44. Fashionable fabrics
46. Camera company
48. Lohengrin aria: "__ Dream"
52. Vintage kids show on Canadian television set in a castle: 2 wds.
55. __-a-brac
56. Family suffix in zoology
57. Spouses for Duchesses
59. Shania Twain's "__! _ Feel Like a Woman!"
60. Actress, Sherilyn __
61. British singer Ms. Goulding
62. Ms. Swenson of "Benson"
63. Mr. Byrnes of "77 Sunset Strip", and others
64. Blood vessel implant

Down

1. Nova Scotia hrs.
2. "The Big Bang Theory" star Kaley
3. Many _ __ ago...
4. Stew from France
5. Writer's output in Hollywood
6. Biblical grandson
7. Salad dressing from Hollywood legend Paul, __ Own
8. Hoodwink
9. Pen, in Quebec
10. Legendary fashion designer
11. By any chance
12. Fiendishly 'fixes'
13. Promos
21. Fireplace's glowing remnants
22. Gloom
26. Mined stuff
28. Pronto!
29. Desert in Mongolia
30. Irish singer
31. Cable network
32. Prefix to 'gram' (3D image)
33. Champion's shout!: 2 wds.
34. Ancient maritime power of the Mediterranean
36. Peatland
38. Van Halen guitarist
39. __ Harbour, Florida
41. Eastern coast of North America explored by Viking seafarer Leif Ericsson
44. Placed grassy rolls
45. Parts on trombones
47. Kitchen cutter
49. __ Ste. Marie, Ontario
50. __ bracelet
51. American writer Gertrude
52. Ms. Drescher
53. Diamond __
54. Cravings
55. Dieter's calculator sort [acronym]
58. Place

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1			2		6			3
	6		8		4		5	
		7				4		
		5	4		7	6		
2								5
		9	3		5	1		
		6				8		
	8		7		3		9	
7			9		1			4

Yesterday's Sudoku

4	5	1	9	2	6	3	7	8
7	9	6	4	8	3	1	2	5
8	3	2	5	1	7	9	6	4
6	1	7	2	4	5	8	9	3
2	8	9	3	7	1	4	5	6
5	4	3	8	6	9	2	1	7
3	6	4	7	9	2	5	8	1
1	2	5	6	3	8	7	4	9
9	7	8	1	5	4	6	3	2

TONS OF INVENTORY

Over 230 vehicles online at bdf.ca

#284852P

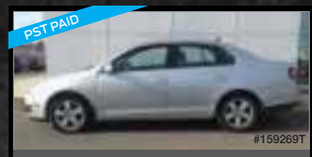
V6, STOW & GO, PWR EQUIP, SAT RADIO, KEYLESS ENTRY, 7 PASSENGER, MORE TO CHOOSE FROM

2012 DODGE GRAND CARAVAN
$15,689* / $123*

#A09756P

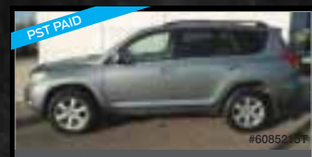
3.5L V6, 6SPD AUTO, 6 PASSENGER, 17" ALLOYS, AUX INPUT, REV SENSING, REMOTE START

2008 FORD TAURUS X SEL AWD
$14,893* / $153


PST PAID
#159269T

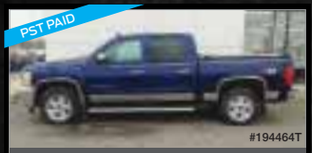
DIESEL, MANUAL, HTD CLOTH, ALLOYS, A/T/C, CD PLYR, LOW KMS, LOCAL TRADE

2009 VOLKSWAGEN JETTA TDI
$19,975* / $165*


PST PAID
#6085215T

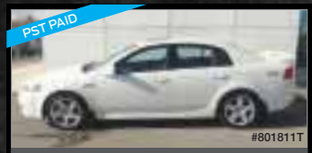
AWD, V6, POWER SEATS, HTD SEATS, UPGRADED SOUND, LOCAL TRADE,ONLY 85,000KMS

2008 TOYOTA RAV4 LIMITED
$19,865* / $177*


PST PAID
#194464T

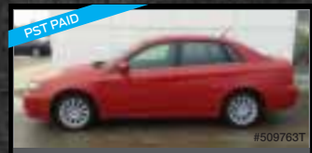
CREW CAB, Z71 PKG, HTD LEATHER, CHROME KIT, BLUEOOTH, ONLY 18,000 KMS, 1 OWNER

2013 CHEV SILVERADO LT
$34,998* / $249*


PST PAID
#801811T

AUTO, 3.2L V6, HTD LEATHER, 18" ALLOYS, PREMIUM SOUND, LOW KMS, LOCAL TRADE

2006 ACURA TL
$15,489* / $152*


PST PAID
#509763T

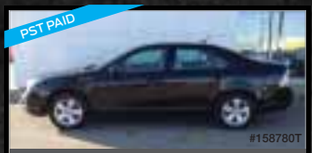
AUTO, 2.5L I4, ALLOYS, POWER EQUIPMENT, A/T/C, LOCAL TRADE, ONLY 85,000 KMS

2008 SUBARU IMPREZA AWD
$14,726* / $134*

#C55949RP

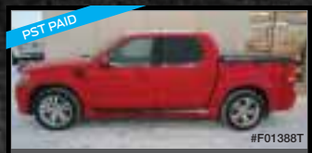
6 SPD AUTO, PWR SEAT, SAT RADIO, 16" ALLOYS, KEYLESS ENTRY, ROOF RACK, MANY MORE TO CHOOSE

2011 FORD ESCAPE XLT AWD
$19,995* / $152*


PST PAID
#158780T

V6, AUTO, PWR SEAT, SAT RADIO, WINTER TIRE PKG, LOCAL TRADE

2009 FORD FUSION SE AWD
$14,655* / $123*


PST PAID
#F01388T

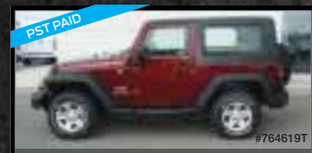
ADRENALINE, 4.6L V8, HTD LEATHER, TOW PKG, MOONROOF, 20" ALLOYS, LOCAL TRADE

2010 FORD EXPLORER SPORT TRAC
$31,803* / $227*

#A26184P

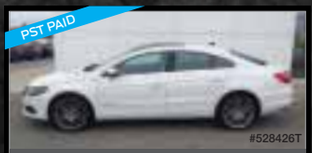
HTD LEATHER, SYNC, USB, MOONROOF, 18" CHROME WHEELS, 1 OWNER, LOW KMS

2010 FORD EDGE SEL AWD
$19,998* / $165*


PST PAID
#764619T

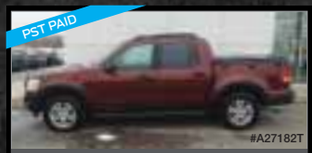
SPORT PKG, AUTO, PREMIUM SOUND, 16" ALLOYS, ONLY 30,000 KMS, LOCAL TRADE

2009 JEEP WRANGLER
$19,889* / $164*


PST PAID
#528426T

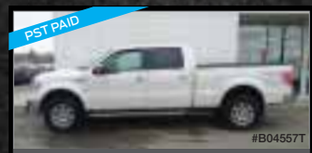
2.0L 4CYL, AUTO, SPORTLINE, WINTER TIRE PKG, NAV, HTD LEATHER, MOONROOF, LOCAL TRADE

2010 VOLKSWAGEN PASSAT CC
$21,789* / $179*


PST PAID
#A27182T

4.0L V6, TONNEAU COVER, BOX LINER, FOG LAMPS, PWR SEAT, KEYLESS ENTRY, LOCAL TRADE

2009 FORD EXPLORER SPORT TRAC
$16,995* / $142*


PST PAID
#B04557T

S/CREW, 3.5L ECOBOOST, HTD/COOLED LEATHER, 18" CHROME ALLOYS, 6.5' BOX, LOCAL TRADE

2012 FORD F-150 LARIAT 4X4
$32,885* / $234*

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3.99% APR OAC

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Production Manager

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